



“FSY” TSX-V

Shares Outstanding: 43,267,788

FORSYS CANCELS ALBERT CREEK PROPERTY OPTION

March 22, 2006, Toronto, Ontario: Forsys Metals Corp (the “Company” or “Forsys”) announces that, after reviewing all available data, it has cancelled its option to acquire a 51% interest in the Albert Creek Property. The option was granted pursuant to an option agreement entered into between the Company and Logan Resources Ltd. dated April 15, 2004, as amended by an Amendment Agreement dated July 16, 2004.

Forsys Metals Corp. is an innovative exploration company in the business of advancing high value advanced stage projects in Namibia, Africa.

For further information on the Company or the Valencia Uranium project please contact Wayne Isaacs, President at 416.601.1286 or visit <http://www.forsysmetals.com>.

The TSX Venture Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of this release